
































## Atlantic Highlands, NJ - Jun 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sat	6:53	4.7	7:07	5.6	12:58	0.4	12:55	0.3	5:28	8:19	
2	Sun	7:36	4.8	7:47	5.8	1:45	0.2	1:39	0.2	5:27	8:20	
3	Mon	8:20	4.8	8:27	6.0	2:32	0.0	2:25	0.1	5:27	8:21	
4	Tue	9:05	4.8	9:11	6.0	3:19	-0.2	3:12	0.1	5:26	8:22	
5	Wed	9:54	4.8	10:00	6.0	4:05	-0.3	3:59	0.1	5:26	8:22	
6	Thu	10:49	4.8	10:55	5.8	4:51	-0.2	4:47	0.2	5:26	8:23	
7	Fri	11:47	4.8	11:54	5.6	5:40	-0.1	5:39	0.4	5:26	8:23	
8	Sat			12:47	4.9	6:33	0.0	6:40	0.5	5:25	8:24	
9	Sun	12:55	5.5	1:45	5.0	7:32	0.1	7:49	0.7	5:25	8:25	
10	Mon	1:54	5.3	2:41	5.2	8:34	0.1	9:00	0.6	5:25	8:25	
11	Tue	2:52	5.1	3:38	5.4	9:33	0.1	10:06	0.5	5:25	8:26	
12	Wed	3:52	5.0	4:36	5.6	10:29	0.0	11:05	0.3	5:25	8:26	
13	Thu	4:54	4.9	5:33	5.7	11:20	0.0	11:59	0.2	5:25	8:27	
14	Fri	5:54	4.9	6:25	5.9			12:09	0.0	5:25	8:27	
15	Sat	6:47	4.9	7:12	6.0	12:51	0.0	12:57	0.0	5:25	8:27	
16	Sun	7:36	4.9	7:57	6.0	1:41	-0.1	1:44	0.1	5:25	8:28	
17	Mon	8:22	4.8	8:39	5.9	2:29	-0.1	2:30	0.3	5:25	8:28	
18	Tue	9:08	4.7	9:22	5.7	3:14	-0.1	3:15	0.4	5:25	8:29	
19	Wed	9:54	4.6	10:05	5.5	3:57	0.0	3:57	0.6	5:25	8:29	
20	Thu	10:41	4.5	10:49	5.2	4:37	0.1	4:37	0.8	5:25	8:29	
21	Fri	11:29	4.4	11:35	4.9	5:16	0.3	5:17	1.0	5:26	8:29	
22	Sat			12:18	4.3	5:55	0.5	6:00	1.2	5:26	8:30	
23	Sun	12:22	4.7	1:05	4.3	6:37	0.7	6:49	1.4	5:26	8:30	
24	Mon	1:08	4.6	1:49	4.4	7:23	0.8	7:49	1.5	5:26	8:30	
25	Tue	1:54	4.4	2:32	4.5	8:14	0.9	8:53	1.5	5:27	8:30	
26	Wed	2:40	4.3	3:17	4.6	9:06	0.9	9:53	1.3	5:27	8:30	
27	Thu	3:30	4.2	4:05	4.8	9:57	0.8	10:48	1.1	5:27	8:30	
28	Fri	4:27	4.2	4:57	5.1	10:45	0.6	11:39	0.8	5:28	8:30	
29	Sat	5:25	4.3	5:48	5.4	11:33	0.5			5:28	8:30	
30	Sun	6:19	4.5	6:36	5.7	12:29	0.5	12:21	0.3	5:29	8:30	